

Simplest Dal

This recipe is an excerpt from
Nouris(Her) digital cookbook

Makes 4 servings

Dal is a soup of split lentils used as a common healing food in Ayurveda. It starts with a flavor base of roasted spices, garlic, and ginger, and then simmers into a deliciously creamy, and aromatic pot of pure comfort food. You can serve Dal over rice or by itself with some naan. These anti-inflammatory spices will help your body to combat infections like mastitis while nursing and they are especially important for mother and baby during the winter months.

INGREDIENTS:

½ cup ghee
1 tablespoon fresh ginger, grated
3 cloves garlic, peeled & minced
1 teaspoon cumin seeds
1 teaspoon yellow mustard seeds
1 teaspoon coriander seeds
2 tablespoons shredded coconut
1 cup red lentils
3 cups water
1 cup coconut milk, full fat canned
2 teaspoon Himalayan pink sea salt
1 teaspoon black pepper
1 teaspoon turmeric powder
Juice of one lemon
1 handful of fresh cilantro leaves,
for garnish

METHOD:

In a large, heavy pot, heat the ghee. Once hot, add the ginger, garlic, cumin, mustard seed, coriander, and coconut. Cook the spice mixture until it becomes fragrant, about 2-3 minutes.

Add the lentils, water, coconut milk, salt, pepper, and turmeric to the pot and give it a stir. Cover and bring the contents to a simmer. Simmer for about 40 minutes or until the lentils are soft and buttery.

Add the lemon juice and cilantro leaves and cook for 5 minutes more.

Ladle over rice and serve.



Simplest Dal via NOURIS(HER) E-COOBOOK